National Policies on Ageing - Malaysia

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1. Introduction

2. National Policies and Plan of Action on Ageing

3. Conclusion and Way Forward
With the fertility and longevity patterns shown earlier, it comes as no surprise that the Malaysian Chinese are ageing faster than other ethnic groups.

- 1 out of 12 Malaysians are an older person in 2015.
- By 2020, it is expected that the number of older persons will increase to 3.3 million, making up about 11% of the total population then.

### Changing Population Age Structure, Malaysia, 2005 & 2015

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<tbody>
<tr>
<td></td>
<td></td>
<td>0-14</td>
<td>15-59</td>
<td>60+</td>
<td>0-14</td>
<td>15-59</td>
<td>60+</td>
<td>0-14</td>
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<tr>
<td>Malay &amp; Bumiputera</td>
<td></td>
<td>5,553.5</td>
<td>9,416.4</td>
<td>977.3</td>
<td>5,625.9</td>
<td>10,808.3</td>
<td>1,242.8</td>
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<td>Chinese</td>
<td></td>
<td>1,551.9</td>
<td>3,953.8</td>
<td>621.6</td>
<td>1,451.5</td>
<td>4,201.0</td>
<td>778.0</td>
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<td>Indian</td>
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<td>524.0</td>
<td>1,181.4</td>
<td>114.0</td>
<td>495.9</td>
<td>1,278.6</td>
<td>150.4</td>
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<tr>
<td>Others</td>
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<td>115.5</td>
<td>148.7</td>
<td>13.1</td>
<td>94.3</td>
<td>126.5</td>
<td>11.4</td>
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<tr>
<td><strong>Malaysian</strong></td>
<td></td>
<td>7,744.9</td>
<td>14,700.3</td>
<td>1,726.0</td>
<td>7,667.6</td>
<td>16,414.2</td>
<td>2,182.4</td>
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<td><strong>Non-Malaysian</strong></td>
<td></td>
<td>294.4</td>
<td>1,530.6</td>
<td>49.0</td>
<td>154.5</td>
<td>2,103.7</td>
<td>66.2</td>
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<td><strong>Total</strong></td>
<td></td>
<td>8,039.5</td>
<td>16,230.8</td>
<td>1,775.5</td>
<td>7,822.1</td>
<td>18,518.1</td>
<td>2,248.6</td>
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### Source
Department of Statistics Malaysia, 2014; 2015

- **2035** 60+ population reaches 15%
- **2020** 65+ population reaches 7%
- **2020** Median age reaches 30 years old
- **2042** Proportion of 60+ exceeds proportion of <15
- **2017** Peak of proportion of 15-59 age group at 65.6%
Growth of Population Working Age and Older Persons
Malaysia, 2010 - 2040

Index: 2010 = 0

Source: Author’s diagram based DOSM, 2013
National Policies on Ageing

- National Policy for the Elderly, 1995
- National Policy for Older Persons, 2011
- National Health Policy for Older Persons, 2008
- National Day of Older Persons celebrated on 1st October since 1992

Guiding Blueprints
Five Dimensions Framework

- HEALTH
  - Healthy Ageing
- ECONOMY
  - Productive Ageing
- ENVIRONMENT
  - Supportive Ageing
- SOCIAL
  - Active Ageing
- SPIRITUAL
  - Positive Ageing
National Policy for Older Persons, 2011

- New policy after the NPE 1995 ended in 2005 under the MWFCFCD. Works together with the National Health Policy for Older Persons 2008 under MOH.
- Policy focuses on empowering individuals, families and communities through provision of elderly-friendly services and enabling environments to improve the well-being in old age.
- 6 policy strategies

  **Policy Statements**
  - To enhance the respect and self-worth of the elderly in the family, society and nation
  - To develop the potential of the elderly so that they remain active and productive in national development and to create opportunities for them to continue to live independently
  - To encourage the establishment and the provision of specific facilities to ensure the care and protection of the elderly

  **Strategies**
  - Promotion & Advocacy
  - Lifelong Learning
  - Security & Protection
  - Management & Shared Responsibilities
  - Participation & Unity across Generations
  - Research & Development
Governance structure of the National Policy on Ageing, 2011


- Inter-ministerial in nature
- Task force agenda will follow a rotational basis
- Chaired by Deputy Minister of Women, Family & Community Development

Ministry of Women, Family and Community Development

<table>
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<th>No</th>
<th>SUBCOMMITTEES</th>
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<td>SOCIAL AND RECREATIONAL</td>
<td>DEPT. OF SOCIAL WELFARE</td>
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<td>3</td>
<td>EDUCATION AND SPIRITUALITY</td>
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<td>6</td>
<td>EMPLOYMENT</td>
<td>MIN. OF HUMAN RESOURCE</td>
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<tr>
<td>7</td>
<td>RESEARCH AND DEVELOPMENT</td>
<td>MIN. OF SCIENCE , TECHNOLOGY AND INNOVATION</td>
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</tbody>
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Committee for Development - Social Agenda

Committee for Development - Social Agenda
Malaysia’s National Development Plans

The national policies on ageing, by the respective line Ministries, work together under the broader national development plans under the Economic Planning Unit, Prime Minister’s Officer.
Strategy B5
Enhancing the living environment for the elderly

The proportion of the population aged above 60 years is increasing, from 7.9% in 2010 to 8.8% in 2014. This figure is expected to grow to 10.6% by 2020. Better quality of life and advances in healthcare has resulted in longer lifespans in 2013, 72.6 years for men and 77.2 years for women in Malaysia. Many of our senior citizens are thus in a position to continue contributing to society even in their golden years. During the Plan, concerted efforts will be undertaken to enhance the quality of life of the elderly.

Improving supportive environment for the elderly
Initiatives to improve the support environment for the elderly include providing elderly-friendly infrastructure and improving care services. More day care centres for the elderly will be established in collaboration with NGOs to enable them to live with family members who are working. In addition, elderly care centres and Home Help services will also be expanded. Awareness programmes on elderly care will be strengthened to shift the elderly community to action in adopting active and healthy lifestyles.

Focus area B
Empowering communities for a productive and prosperous society

Social protection for the elderly poor will be streamlined and integrated to ensure better quality of life. The provision of assistance will be continued based on basic needs. The low-income group, particularly in the informal sector, will be encouraged to participate in voluntary savings and retirement schemes to ensure economic protection in their old age.

Promoting active ageing
The capacity of the Institute of Gerontology, Universiti Putra Malaysia will be enhanced to conduct more research to support active ageing. The University of the Third Age (U3A) Programme will be expanded to provide opportunities for the elderly to continuously learn and acquire knowledge and skills in collaboration with universities, community colleges and Pusat Aktiviti Warga Emas. In addition, NGOs will also be encouraged to implement self-help based learning programmes.

A national campaign to promote social awareness on volunteerism among retired professionals will be launched to encourage the elderly to participate in community-based activities. This will allow them to remain active by contributing their knowledge, skills and experience to benefit the community. CBOs and NGOs will be encouraged to attract more retired professionals to participate in voluntary community development programmes.
Conclusion and way forward

- Political economy plays a large role when designing policy responses to challenges of ageing.
- Consider the realities of individuals, region, and spatial: avoid ‘one size fits all model’
- Active involvement of stakeholders (government, private sector, civil society, family, and individuals)
- Adjustment and development of rules and regulations to meet new challenges
- Urgent need to transform, as no historical basis
- Evidence-based planning
- Long term views of things, cohort, and regional differences
- Need strong analytical underpinnings to understand the demographic processes and factors

District, 2000 & 2010

Geographical Gerontology

Between the last 2 censuses, the districts and Mukims in Perak have aged considerably.
Conclusion and way forward

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Source: Author’s diagram based on DOSM 2013; 2009
Conclusion and way forward

- Health is crucial
- NCDs costly to treat, therefore prevention and control pay off
  - Screening and treatment intervention and policies that address social determinants of disease also accessibility
- Primary health reoriented to changing demographics and epidemiology
- Financing mechanisms for health
- Improvement in quality of care and regulation is needed
- Need care workers at all levels to cater for management of complex chronic conditions
- Improvement in Individuals’ Financial literacy so they can make better choices about the forms, accessibility and security of their wealth
- The need to decentralised decision making and implementing of program and activities, as elderly needs are different